



**ROCK THE BLOCKS, RIDE THE WAVE**

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## **SWIM Team TRYOUTS 2023 SPRING AND SUMMER**

**WHEN:** Sunday, March 26th, 3pm-4pm or  
Tuesday, March 28th, 6:30pm-7:30pm  
[Sign Up Link](#)

**WHERE:** Dowling Catholic High School Pool  
1400 Buffalo Rd, West Des Moines, IA 50265  
Please enter through the south entrance for the pool and gym.

## **2023 NEW SWIMMER TRYOUTS**

**AGES:** 6-18 years old

**BRING:** Swimsuit, goggles, towel, swim cap (optional)

**\*SWIM SKILLS:** Tryouts will include swimming the length of the pool (25 yards) with each stroke.

**SEASON DATES:** April 3-July 23

**CLUB FEES:** Dependent upon training group and optional meet participation.

**PARENT INVOLVEMENT:** Engaged families are essential for the success of the team. Riptide will host a swim meet May 5-6 and parent support is necessary for planning and running a successful meet.



Practice schedules, important dates, upcoming events, team meet schedule and additional information can be found at [www.dowlingcatholicriptide.org](http://www.dowlingcatholicriptide.org). Additional questions can be emailed to the team at [dchsriptide@gmail.com](mailto:dchsriptide@gmail.com).

\*Swimmers unable to swim 25 yards of freestyle and 25 yards of backstroke should consider swimming lessons prior to trying out for swim team.